

Challenges for 2013

The staff for the FSS program believes in the power of setting and accomplishing goals. That's why we've developed these **Challenges for 2013!** Periodically, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips !

October

Challenge

8

Keep your immune system in tact Month!

Flu season has started now, and it is imperative that people get their flu shots to avoid getting themselves sick and the people around them.

Have your goals changed? Remember to [Contact the FSS program](#) today to update your contract!

Steps to Prevent the Flu

1. Drink Vitamin C

It is important to consume Vitamin C because it can help protect cells from free radical damage, lower your risk of cancer, and improve your iron absorption. It also helps build your immune system. Some foods that contain mins are strawberries, oranges, cabbage tomatoes.



2. Get the Flu Shot

It is recommended to get vaccinated around this time of the year. Due to the change of weather, many people are more prone to catch the flu. The virus thrives in a dry environment, which is why many people tend to get sick during the fall/winter. The shot inserts the vaccine into your arm, and most people acquire the virus within a week, depending on your immune system. And some people do not even get sick. If you are exposed to people with the virus, it likely that you will not catch the flu because your system is now immune to it. However, if you think that you are getting sick, it is best to stay home and get rest.



3. Dress weather appropriate

Now that fall has arrived, the weather may start getting colder in the morning and at night. Thus, it is important to dress warm for the cold weather. Also, protecting your feet is essential to keeping your whole body warm. Prepare yourself for unexpected weather changes, such as rain, or wind by wearing a jacket or long sleeved shirts.

4. Take Vitamins

Often times people do not consume the suggested amount of nutrients each day through their daily diets whether it be because of picky eaters, poor diets or people with a low calorie diet. This is why it is good to take vitamins to help makeup for nutritional slack.

5. Practice good health habits

Overall, practicing good health habits can improve your overall life far-reaching. Researchers have found that taking precocious health regimes like controlling weight, exercising, eating healthy,

Places that offer Flu Shots

CVS

RITE AID

OTHER COMMUNITY CLINICS OR HEALTH

CARE PROVIDER

Resources

Resources to help you get educated on eating healthy:

1. www.choosemyplate.org
2. <http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes>
3. <http://nutritiondata.self.com/>

Healthier Food Options

There are several stores where people can shop to find healthier food and with most of them they never use high fructose corn syrup, or added trans fat, artificial colors in any of their products. Also, many stores have ready to eat food and have a large section of gluten free items and organic veggies and fruit, which makes them unique and healthier.

Some grocery stores even have the feel of an old-fashioned farmers market. Their stores have friendly staff and consists of fresh fruits and vegetables, whole grains, nuts & sweets, and even vitamins! They also have a full serviced deli where they serve meat, exotic cheeses, and all sorts of bread.

Gardening Classes

A fun activity to do while you are with your family is to garden. This is a great opportunity to bond with your family while enjoying the sun. You can plant different vegetables and fruits, and can be a great alternative to a store. Below are some locations that offer free gardening classes:

[International Rescue Committee](#)

(City Heights)
5348 University Ave, San Diego 92105
Contact: Anchi Mei, (619) 641-7510

[Olivewood Gardens and Learning Center](#)

(National City)
2525 N Ave, National City 91950
Contact: Michelle Cox, (858) 204-6949

[San Diego Youth Services](#) (Spring Valley)

3845 Spring Dr, Spring Valley 91977
Contact Steven Jellá, (619) 221-8600 x229

[Solana Center](#) (Encinitas)

137 N El Camino Real, Encinitas 92024
Contact: Elizabeth,
elizabeth@solanacenter.org, (760) 436-7986 ex 2256949



"Keep your dreams alive, Understand to achieve anything requires faith and believe yourself, vision, hard work, determination, and dedication. Remember all things are possible to those who believe"



For information on all of the County of San Diego Department of Housing and Community Development's programs and activities, like us on

